



Supporting the mental health
of children and young people
in your community

Welcome to [Kooth's April newsletter for local services](#). We hope you're keeping well!

Last year the NSPCC reported a 10% increase in young people receiving counselling support for exam stress. And our own data shows that almost 20% of young people visiting Kooth seek help about school/ college issues or exam stress.

With many young people preparing for their upcoming exams this term, please let them know that Kooth is here to help with any stress or anxiety they may be feeling.

We offer **24/7 instant access** to anonymous and personalised mental health support to **young people at Kooth.com** in your community, including those who do not meet thresholds or are on a waiting list for CAMHS or NHS Talking Therapies.

Take a look at our [promotion hub for charities and social care](#) for our full range of digital resources, including our [support guide](#) on coping with exam stress.

For more information about free resources or for local network briefing, please contact me: Andrew Poinen apoinen@kooth.com

Support for Parents & Carers

In April we're running webinars specifically to **help parents and carers with children sitting exams**. Please let your network of parents know about this support available, especially if they are worried about their child's anxiety:

[Mon 22 Apr. 1-2pm](#)

[Thu 25 Apr. 6-7pm](#)

Your future training needs

We're keen to provide training throughout 2024 that is designed around your needs. [Click here](#) to let us know what mental health topics would be of most interest to you.